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in crisis**
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Monday, January 8, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 1

Condors blow away competition

By ADAM BLACK

Apparently Condors can fly on ice, as they soared past the competition to win the Conestoga College extramural hockey tournament on Dec. 1. Cheers filled the arena as the Condor bench flooded the ice after a nail-biting overtime win in the tournament finals. Heart, determination and never giving up on each other led to this huge win for Conestoga, their first in three years.

On the scorecard leading up to the finals against the Seneca Sting, both teams were tightly matched up. The Sting had eight goals for and three against them, while the Condors had seven goals and only two against. It was sure to be an exciting matchup.

The Condors, however, came out flat in the first period, as a Seneca powerplay goal led to two more before the end of the period. It looked like it might be a blowout in the Sting's favour, but the heart of the Condors would prove otherwise.

Conestoga came out flying in the second and pressured Seneca, which they couldn't stop. By midway through the third period the Condors had scored four unanswered goals by Steve Lamb, Nathan Klinkman and two by Tyler Fyes to lead 4-3. It seemed the Sting couldn't handle the ongoing offensive pressure, but they would get a lucky break.

After a questionable call by the ref, Seneca scored a powerplay goal with two minutes remaining



(Photo by Adam Black)

The Conestoga Condors men's extramural hockey team celebrate their victory at the Conestoga College extramural hockey tournament held at the rec centre on Dec. 1.

to force overtime. This was indeed the most exciting period of the entire tournament, as both teams surged back and forth down the ice and had fantastic chances to win.

But with three minutes remaining in overtime Klinkman scored from a blistering wrist shot from outside the goalie crease to get the 5-4 win for the Condors. The Seneca goalie

slashed his stick off the crossbar in frustration, which pretty much summed up how the rest of his team felt losing such a hard-fought battle.

The Conestoga bench though was ecstatic.

"We started off a bit shaky (in the first), but we knew if we kept skating and beating them we would be able to capitalize," said

forward Steve Lamb. "It feels great to win, we haven't won a tournament in a long time."

In the first game of the tournament the Condors beat the St. Laurence River Dogs 3-1 with goals by defenceman Markus Churched, defenceman Scott Bother and forward Todd McAuley. In the second game they beat the Sheridan Bruins 4-1 with goals

from forward Jake Willenes, two from forward Chris Seary and one from Churched.

"The team played great today, we definitely deserved to win this tournament," said Nathan Klinkman, the hero of the finals. "It was pretty exciting winning one on our home ice."

The hockey team plays in its next tournament Feb. 9 at Conestoga.

Get involved again

By MEGHAN KRELLER

Last fall's Get Involved fair was such a successful initiative, Conestoga will be hosting a second one this winter, said Leanne Holland Brown, student life coordinator for the college. The second Get Involved fair, open to all students, will take place on Jan. 17 from 10 a.m. until 2 p.m. on the second floor of the E-wing.

The event will have the same goal as the first, to profile different opportunities for students to get involved in their on- and off-campus community, she said. Whether volunteer or paid, all positions available will share the same themes of student leadership and students serving students.

In September, student life promoted new, student-based, initiatives, student organizations recruited new members and outside groups like Habitat for Humanity and the Kitchener-Waterloo Sexual Assault Support Centre promoted

volunteer opportunities.

Although the first Get Involved fair was a success, a second can't hurt, said Holland Brown.

"I've still been seeing a lot of interest in people trying to get involved with different elements of the college," she said. "This is a great way to get people connecting with organizations, clubs and different areas of the school."

The first fair was held early in the fall semester because, the earlier students connect with these opportunities, the higher the chance of them remaining committed, said Holland Brown.

"The September Get Involved fair was held mainly for the students starting college in the fall, however, there are many students coming to Conestoga for first-time entry in January," she said. "It's important for them to know what kinds of opportunities are available for them."

As for existing students, Holland Brown said, it's never too late to get involved.



(Photo by Meghan Kreller)

New desk staff ready to answer questions

Twelve people were hired in late November to man the new student life info desk, located just inside of Door 3 at the entrance to the Student Life Centre. Trained by CSI and Student Services, desk staff will provide students with guidance, information and answers to questions regarding the facilities, as well as events held at the centre. Those working the desk are, front row, from left, Nimisha Mistry, Danielle Dyce and Alyssa Hughes. Back row, from left, are Morgan Rassenti, Megan Gill, Rogelio Fuentes, Lindsay Temple, Jodie Boylan, Nicole Sider and Melissa Zehr. Missing from photo are Andre Claxton and Ryan Shantz.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the craziest New Year's resolution you have ever made?



"I don't even believe in New Year's resolutions."

*Amy Mavin,
third-year
information technology
support services*

"One time I promised myself I would stop with junk food and soft drinks."

*Shawn Hathaway,
first-year
woodworking*



"To party and drink pretty much every weekend. I do my best to make good on that one."

*Sarah Danen,
first-year
woodworking*

"To quit work and school; that didn't last a very long time."

*Jessica Ruth,
first-year
general business*



"I have always wanted to give skydiving a try."

*Michelle Parkinson,
first-year law and
security administration*

"My resolution is to talk Michelle out of skydiving."

*Jessica Wheeler,
first-year law and
security administration*



Smile Conestoga, you could be our next respondent!

LRC fines put the pressure on

By PEGGY O'NEILL

Have you ever had to pay a fine at the Learning Resource Centre for checking out a book, but not returning it until a week or so after its due date?

"If you have, you are just one of many this year."

At the beginning of this school year the LRC staff administered a fine system for overdue library books, which has never been done at Conestoga College before.

In previous years the library worked on an honour system, where if you didn't return a book then your privileges, like signing out anything else from the library, were blocked.

Sue Czubak, library technician at the circulation and reserve desk, said Conestoga has been growing so much that they needed another type of method to motivate students.

"This system has been working much better and there is a quicker return of books," she said.

The main goal for introducing the fine system in the LRC is to make sure that all students have equal amounts of access to the resources that are available.

"We want the students to succeed in their classes and if resources aren't there it is much more difficult," said Czubak.

There are a couple of ways that you can avoid getting a fine.

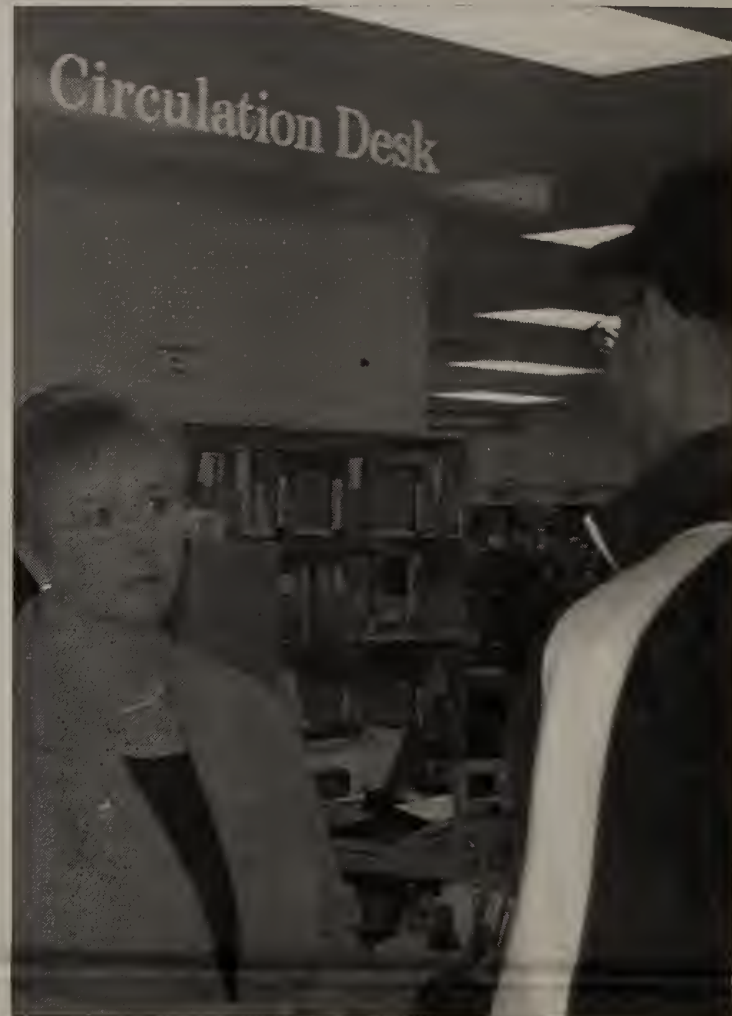
"We want the students to succeed in their classes and if resources aren't there it is much more difficult."

*Sue Czubak,
library technician
at the LRC*

One is by going online to the LRC website, clicking on the "my account" tab on the right-hand side and just renewing your book from there. All you need is your pin number for accessing the databases from off-campus.

The second is just by calling the LRC and leaving a message saying you want to renew your book, and the technicians will do it for you.

Over the Christmas break the



(Photo by Peggy O'Neill)

Sue Czubak, library technician at the Learning Resource Centre, said their fines system has encouraged students to return resources on time. Fines were implemented by the college in the fall of 2006.

process for an overdue payment does change slightly.

Most students will finish exams on Dec. 15. The LRC is closed over the break and doesn't open back up until Jan. 2. So if you had a book that was due sometime during this break you have until the week of Jan. 8 to bring it back and your fine will be forgiven.

"We don't expect students to make a special trip into the school, until their classes resume," said Czubak.

Notices do get sent out to students reminding them that their library materials are overdue. Another notice will be sent out one week apart from the first one if it still hasn't been returned.

The first two are courtesy notices, and after the final notice,

the library then assumes that you have lost the material and you will be charged a replacement cost as well as a processing fee and the overdue fine.

Right now these notices are only being done by mail, rather than e-mail, so it does take longer to reach the student.

"We are trying to get our notices done by e-mail, which will make the timeframe much tighter," she said.

Czubak said that in the past couple of years they had been getting feedback from students saying that they wanted a fine system put in place.

"The students wanted another kind of structure so material would be brought back in a more timely fashion," she said.

ECE had successful 2006

By AMY MEADOWS

An early childhood educator said 2006 was a successful year at the campus early childhood education centre.

"The year went so well," said Leslie Solonik. "Our last fundraiser in particular was a big success."

The success didn't come easy according to Solonik and Deb Crawford, the centre's supervisor.

It's been such a busy year, they said.

The staff at the centre were inundated with work until the very end of last semester, culminating in the successful Christmas bazaar fundraiser.

The bazaar was held to raise money for new equipment and was the biggest ECE bazaar to date, with a huge variety of stalls and companies.

Along with other fundraising

events to take place later this year, Solonik said the centre will welcome new student teaching staff at the beginning of this semester which will make for an exciting start to 2007.

Both Solonik and Crawford, who are graduates of Conestoga College, said the success of the past year was due to many things including the support of all the parents and staff closely involved with the ECE.

Four degree students receive international scholarships

By ERIC MURPHY

Four architecture - project and facility management degree program students from Conestoga were awarded highly regarded scholarships by the International Facility Management Association (IFMA) Foundation at an annual degree scholarship evening Nov. 30.

Although winning students came from top schools from around North America such as Columbia, Cornell, Georgia Tech and Cal-Berkeley, Conestoga had the most scholarship winners. Of the 23 awarded, the four won by Conestoga students went to Jon Douglas, of St. Pauls, Ont., who

received the \$3,000 corporate facilities council scholarship, sponsored by the Corporate Facilities Council of the IFMA, Amanda Ford, of Cambridge, who won the \$2,000 scholarship sponsored by the IFMA's Dallas/Fort Worth Metroplex Chapter, Nick Heibein, of Tillsonburg, who won the Canadian Chapters Scholarship of \$1,000, and Samantha Jansen, of Cambridge, who won the \$3,000 scholarship sponsored by the Philadelphia chapter.

All of the scholarships were awarded based on merit with academic achievement, program involvement, faculty appraisals and the students' resumes as criteria for selection.



Conestoga College President, John Tibbits, left, John Keating, far right, CEO of COM DEV International and chair of the board of governors at Conestoga, and Raymond Chung, co-ordinator of the architecture - project and facility management program at Conestoga, are shown with Nick Heibein, a first-year architecture - project and facility management student, who won a scholarship. Heibein was one of four students who received an International Facility Management Association Scholarship at an annual degree scholarship evening at the college Nov. 30.



Jenna Benson, a first-year bachelor of applied business - international business management student at Conestoga, receives a President's Degree Entrance Scholarship from John Tibbits, left, president of Conestoga. John Keating, far right, chair of the board of governors at Conestoga and CEO of COM DEV International, and Ted Cross of E.B. Cross & Company also attended the annual degree scholarship evening.

Photos by
Eric Murphy



Jessica Huth, a first-year bachelor of science in nursing student at Conestoga, receives her President's Degree Entrance Scholarship from President John Tibbits.

More than \$25,000 handed out in scholarships

By ERIC MURPHY

Twenty-six first-year Conestoga students pursuing baccalaureate studies at the college received more than \$25,000 in scholarships at a night of recognition for degree-program students at the college Nov. 30.

Along with the honoured students, their families and guests, college faculty and administration affiliated with degree studies, high school mentors of the winners and donor representatives attended the annual event.

Winners were Jessica Huth, Fatina Shahla, Jenna Benson, Trevor Boss, Andrew Faw, Andrew Irvine, April Cleaves, Joshua Nahrgang, Ian Brown,

William Donkers, Paul Liska, Gomuki Mahendrarajah, Jessica Bailey, Justin Krulicki, Ian Brown, Edgar Martin, Shannon Symons, Jana Nemcova, Tristan Harwood, Tia Marttala, Jonathan Martin, Tara Schuett, Jon Douglas, Amanda Ford, Samantha Jansen and Nick Heibein.

Scholarship donors included COM DEV International, Manulife Financial, Melloul Blamey Construction, MTE Consultants, CanAm Special Risk Insurance, the Guelph Community Foundation, the Canadian Healthcare Engineering Society (Ontario), the Alumni Association of Conestoga College and the president of the college.

2006 filled with victory, tragedy and adversity

According to the Chinese calendar, 2006 was the Year of the Dog.

However, the events of 2006 were far from being cute, cuddly and innocent. As with every year, 2006 had its fair share of tragedy, adversity and confusion.

For Canadians, the beginning of 2006 was also the beginning of a new federal government in our home and native land. The Conservatives, led by Stephen Harper, won the federal election on Jan. 23, forming a minority government.

Canada was not the only country, however, to see political changes in 2006. The United States underwent a shift in power in both houses of Congress for the first time since 1994, when the Democrats won the U.S. midterm elections in November. Around the world, a new coalition government took office in Israel on May 4, women became able to vote for the first time in elections for the National Assembly of Kuwait in June and, in November, Iran and Syria recognized the government of Iraq, restored diplomatic relations and called for a peace conference.

Despite these international, political breakthroughs, the top political story of the year happened when Fidel Castro, President of Cuba, relinquished power to his brother Raúl, after a 47-year-long reign as the communist country's undisputed leader.

The presence of war continued throughout 2006, with wars ongoing in Iraq, Afghanistan and Lebanon. In April, Canada suffered its worst one-day combat loss since the Korean War, when four Canadian soldiers were killed in Afghanistan by a roadside bomb planted by Taliban militants. One of the coldest days of the year came in July when the Israel-Lebanon conflict imploded and Israeli troops invaded Lebanon in response to Hezbollah kidnapping two Israeli soldiers and killing three. In response to the invasion, Hezbollah declared open war against Israel two days later. Thankfully, a resolution to end the conflict was unanimously accepted by the United Nations Security Council on Aug. 11, and a UN ceasefire took effect on Aug. 14.

In September, Dawson College in Montreal, Que., experienced some tragic déjà vu, in regards to the Columbine shootings of 1999, when a shooting at the institution left one student dead and 19 others injured.

On the other hand, many positive breakthroughs occurred in 2006, such as the March 25 gathering in Los Angeles, Calif. of about 500,000 people protesting a U.S. federal crackdown on illegal immigration, and the Sept. 25 re-opening of the Louisiana Superdome in New Orleans, 13 months after Hurricane Katrina.

Two momentous business mergers also occurred in 2006, when Disney bought Pixar on Jan. 25 in a deal worth \$7.4 billion US, and when Google bought YouTube for \$1.65 billion US.

In entertainment, Crash won Best Picture at the 78th Academy Awards, U2 swept all five of their nominations, including Best Album and Song at the 48th Grammy Awards and longtime game show host, Bob Barker, announced his retirement from the Price is Right after 50 years on television.

The sports world saw Canada finish third in the 2006 Winter Olympics, behind Germany and the U.S. and Italy win the FIFA World Cup in July by beating France.

So with the Year of the Dog at an end, and the Year of the Pig underway, one can only hope the world has had its fill of war and tragedy, and the 2007 pigpen will be filled with good fortune and prosperity.



The year of the Dog comes to an end, but when will the Iraq war?

It's as simple as 1-2-3

At one point and time we've all been disappointed by someone or something like a favourite sports team losing an important playoff game, a cancelled date or not getting that promotion you've been counting on.

It happens all the time but the outcomes aren't too serious or have life-altering significance.

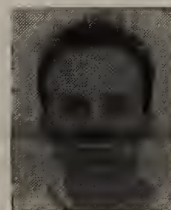
But what happens when things we really rely and depend on to get us through life let us down?

Recently, I've found that our education system, one that I've put so much trust into, seems to be faltering in guiding and preparing the youth of today for success.

It used to be that if a student did not do the work and earn the marks required, the student was held back to redo that year.

Today, elementary school teachers usually need the support of the principle and parents to fail a student.

Students know that the consequences for not doing their work or failing are slim to none, hence,



Eric
Murphy

Opinion

Generation L (L for lazy) was born. After all, why do the work if you can get away with not doing it.

Yes, there are those hard-working students who take their schooling seriously and yes, of course there are those children who have genuine mental, physical, emotional or social challenges and require extra help.

Unfortunately, if such challenges haven't been already identified students sometimes wait weeks or months to be tested in order to be placed on a Student Action Plan (S.A.P.) or an Individual Education Plan (I.E.P.) to receive that extra help.

However, without the funding to provide more educational assistants for classrooms, most cases are for-

gotten and students are left to fend for themselves.

Funding is being misdirected or misused at the high school level. Supply teachers are being brought in at mid-term to help students who are at risk of failing in order to meet government initiatives of an 85 per cent graduation rate by 2010/2011.

Also, policy needs to be changed. Is it not logical to take a child who can't multiply or read and put him or her into a high school setting where there is even less chance of success.

Unlock the policy-handcuffed teachers, fix this shift of balance and put the power back into the classroom. Instead of taking educational assistants away and making their jobs redundant by bringing in supply teachers, put the funds into the elementary school systems for extra help at younger ages. What good is a S.A.P. or I.E.P. or whatever other initials the governments can come up with if the children don't even know their A, B, Cs or 1, 2, 3s.

Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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LETTERS TO THE EDITOR

Harvey's infraction not that big of a deal

This letter is in response to the front page article of Spoke from last week regarding the Harvey's infraction.

Before getting to it, I have to say, this is the first time that I have ever written to any publication, ever. When I read the title of the article, I was interested to read it because my first thought was that maybe someone had received salmonella or some other serious infection from Harvey's, but no, not quite.

In this day and age, with all that is going on around us, I am in shock that a Harvey's employee not wearing gloves is deserving of a front-page news article.

I am not defending the Harvey's

employee, as I would probably be slightly put off by witnessing such an infraction, but does this seriously require the attention that it has received?

My question for Ms. Seitz would be, "how come you didn't just put down the burger and buy a sandwich instead?"

Her response would probably have to do with principle and school pride, yada yada, but the bottom line is, who cares?

In the fast-paced lifestyle of today's modern student, this just seems like another drop in the bucket, water under the bridge, another day, another dollar; I could go on and on. My point is that I feel

significant resources have been wasted by this incident.

Ms. Seitz has wasted important study time filing such a complaint.

Roxy Stanciu has probably wasted her valuable time following up on it.

Chartwells has wasted their time dealing with such an issue.

I have wasted my time that was initially dedicated to a business feasibility project responding to this.

How does the saying go?? Time equals money right?

I have worked in the service industry my whole life as a bartender and one of the many things I have learned from doing this is, DO

NOT use the lime that comes with your rum and coke.

Who do you think cuts those limes? The bartender. Who do you think handles money every two minutes? The bartender. When was the last time you've seen a bartender wearing sanitary gloves????

One last thing before I end my rant, please don't defend your actions by saying things like, "the students feel the actions of Chartwells are wrong" or however it was worded.

I'm not sure about the majority, but speaking for myself, if I knew that I could get a burger, fries and a pop for \$3.99, I could care less that

the nice lady that reminds me of my sweet grandma may or may not have touched my burger bun.

Instead, my combo comes to \$8.50 thanks to people like Ms. Seitz.

So everyone out there, when you are irked by the cost of food on campus, just remember, at least the employees will be wearing gloves when making your food.

P.S. Hopefully next week's front page will consist of something involving crime or sex, or I'm really going to be upset! (Just kidding.)

Wes Vezza

Third-year marketing student

Calgary student says article shows bias in favour of college

I am a students association president from the other side of the country who came across your paper's article entitled Accusations rile Tibbits while compiling some research.

I must admit, normally I'd keep my nose clean in a situation like this, but this article enraged me. As a media student myself, I cannot believe the irresponsibility of this publication in allowing this article to make the cut.

This article very clearly shows a bias in the favour of the college.

It is not the job of the paper to be the official opposition to either

side, it is to report the news in a fair and transparent manner.

Spoke has very obviously undermined Mr. Jackson's position as the democratically-chosen CSI president (and yes, I do mean that as opposed to the hired Conestoga College president) specifically in comments such as:

"Matt Jackson's gone in May," said Tibbits. "I'd like to think I'm going to be here for another five to 10 years, and I certainly don't want to be picking up the pieces in the woodworking centre if someone cuts themselves in half because they had some alcohol in

the bar."

"Justin Falconer (the previous CSI president) really thought the student success side of this was the underpinning of the agreement, not the bar," said Tibbits. "This president (Jackson) has a very different view on it."

By portraying the message to students from the president of the college it pits the students against the very representative they put in place to represent them and makes the institution seem like angels. Please don't forget these are the people who jack up tuition and run a public institution

as a private corporation ... you're their customers, not their students.

Matt Jackson, from my observations, is a true champion for the students and student success, and is viewed as a true leader across your province, and across this fine country.

Perhaps Mr. Tibbits could take a lesson or two from Mr. Jackson. You at the Spoke have a duty to your students to be non-partisan, and you've breached that with this article.

I will say that I don't believe the onus is on the student reporter, but on the editor, as Spoke is a learning tool.

If this is how you're teaching your students, I'm glad I stayed in Calgary.

Jessica Powless

President

SAIT Students' Association
Calgary, Alta.

Editor's note: For the record, the CSI president is chosen by the CSI board of directors, and not the student population. Board members are elected by students.

Also, Matt Jackson's views were expressed in a Page 1 story in the same edition.

Health-care shortages force people to look after their well-being

In the next 15 years 60,000 to 90,000 nurses will be needed

By JENN SPRACH

Reducing health-care costs starts with the prevention of illness and diseases, said the former health minister.

"We need to encourage people to assume accountability for their own health," said Elizabeth Witmer, MPP of Kitchener-Waterloo, while speaking to first-year office health and administration students at Conestoga College.

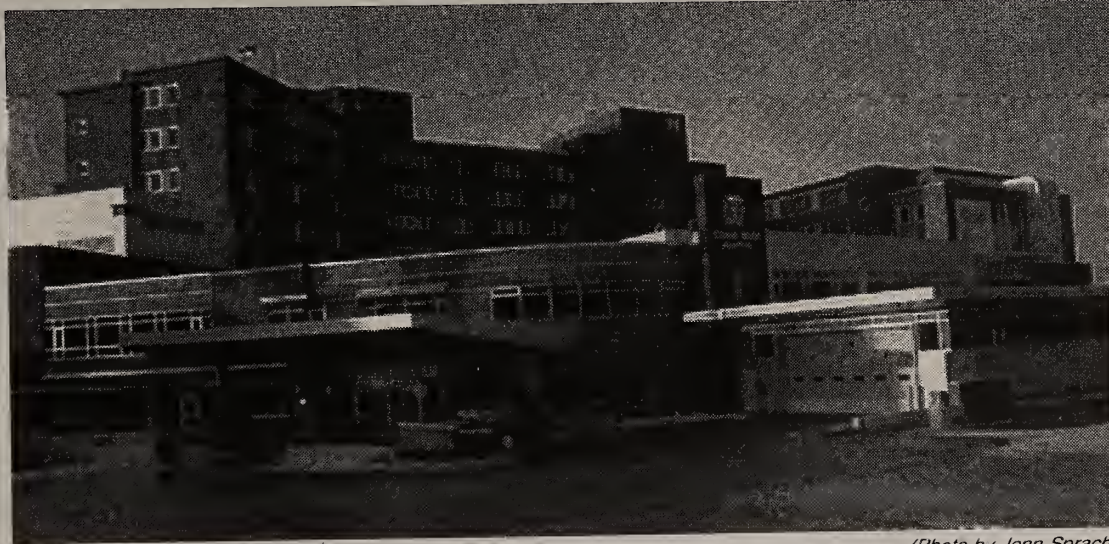
If you don't eat right or exercise you're going to get diseases, she said.

It all starts with preventing the problems before they happen.

This was the reason the flu shot was introduced; if people don't get the flu they don't need to visit the doctor.

Anti-smoking campaigns were also started to help prevent illnesses, and all newborns go through screening so doctors can watch for anything abnormal or potential problems.

Prevention is so important because the shortage of doctors and nurses is only going to get worse in years to come.



(Photo by Jenn Sprach)

The hospital system in Ontario is in crisis, with too few doctors, nurses and other medical professionals.

The population of people over the age of 65 and of the people over 75 is expected to increase 100 per cent by 2031, said Witmer.

Within the next 15 years it is expected that 60,000 to 90,000

nurses will be needed and 40,000 nurses are expected to retire by 2015.

Out of 142 communities in Ontario, 126 of them are under serviced and Kitchener is one of

them, said Witmer.

Ten per cent of Ontarians don't have a family doctor, and this has led to doctors screening patients before taking them on as new patients. Many of these people are

on long waiting lists.

Some people suggest recruiting doctors from other countries. This is not the solution, because those doctors are needed in their own countries, she said.

As well, their education may not be up to Canadian standards so they have to go back to school and there is a shortage of room in residency.

The key, Witmer said, is to increase residency because there are many Canadian nurses and doctors in other countries because of lack of space.

Once they leave they do not always choose to return and practise in Canada, said Witmer.

"There are 10,000 Canadian doctors working in the U.S.," she said.

The health-care profession shortages don't stop at doctors and nurses. We also need pharmacists, medical technologists, radiologists, nuclear technicians, and anesthesiologists, said Witmer.

By developing residency for Canadian doctors and nurses they will stay and study in Canada and hopefully decide to continue their practice here.



(Photo by Natalie Anderson)

Tours of Conestoga

Conestoga College was full of visitors on Dec. 5 as senior level high school English teachers toured the school to see what their students can look forward to at Conestoga.

CLASSIFIED

SUMMER OF YOUR LIFE! CAMP WAYNE FOR GIRLS—Children's sleep-away camp, Northeast Pennsylvania (6/16-8/12/07). If you love children and want a caring, fun environment we need Counselors and Program Directors for: Tennis, Swimming (W.S.I. preferred), Golf, Gymnastics, Cheerleading, Drama, High & Low Ropes, Camping/Nature, Team Sports, Waterskiing, Sailing, Painting/Drawing, Ceramics, Silkscreen, Printmaking, Batik, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-Defense, Video, Piano. Other staff: Administrative, CDL Driver (21+), Nurses (RN's and Nursing Students), Bookkeeper, Mothers' Helper. On campus Interviews February 7th. Select The Camp That Selects The Best Staff! Call 1.215.944.3069 or apply on-line at www.campwaynegirls.com

Students simulate drunk driving

By ADAM HANNON

On Nov. 28, Conestoga students experienced the thrills, and kills, of driving drunk, without a scratch to show for it.

The Matrix Impaired Driving Simulator was designed to allow people to see the effects of impaired driving, without hurting themselves or others.

"It's a proactive educational tool, developed by the Waterloo regional police with their partner MADD Canada, Kitchener-Waterloo chapter," said Const. Chris Larochelle, community liaison, traffic branch, and co-ordinator of the program.

"Penalties (of drunk driving) far outweigh any positives."

Const. Chris Larochelle, co-ordinator of the Matrix Impaired Driving Simulator



First-year LASA students Kevin Arnold, right, and Marcus, who didn't want his last name published, feel the effects of impaired driving as they go onto the sidewalk in the Matrix Impaired Driving Simulator.

(Photo by Adam Hannon)

The simulator consists of a car from Heffner Lexus Toyota in Kitchener with engine and drive train removed, with a game screen in front of the front windshield. Participants "drive" the simulator

with impairment goggles to see the effects of drunk driving. The program started in April 2004, after two years of development.

Impaired driving remains one of the leading causes of death for

college-aged people, both male and female, he said. "This day and age, there's really no reason to take the chance when there's so many other options."

Larochelle added that these

options included taking a taxi, staying the night or calling someone for a ride.

"(The simulation) has been highly effective. Each and every year we increase the number of

students and events we attend," he said, adding that he will attend around 75 events this year, including high schools, universities and community barbecues, as well as the college.

Larochelle said the simulation can change peoples' perception of the severity of drunk driving.

"Probably two or three times a year we bring exit surveys along with us," he said.

"Without any doubt, any person who has filled out a survey says, 'after this I'll never drink and drive.'"

"The penalties far outweigh any positives," Larochelle said, adding that an impaired driving charge can lead to legal costs of up to \$10,000, as well as licence suspension.

Every year, almost 17,000 people are killed, and 74,000 injured by impaired drivers in Canada.

Kevin Arnold, a first-year LASA student, was in the passenger seat while his friend Marcus (who asked that his last name be withheld) tried the simulator. They, along with this reporter, died in a simulated car accident.

Arnold called the simulation "intense."

"I've always had the same view (about drunk driving)," he said. "Don't do it."

Staying warm won't break the bank

By BECKY SHARPE

Jack Frost is taking his toll on students who are not keeping warm this winter.

What's your excuse for your lack of snow gear? It's time for everyone to put up that seasonal defence.

Students looking for a way to keep warm on a student budget, look no further.

There are many local shops to aid you in your search.

Suzy Shier outlet, on Hespeler Road in Cambridge, is offering some deals for ladies who love style but need to keep warm. Prices for winter coats range between \$10-\$20.

Ashley, an employee at Suzy Shier who did not want to give her last name, says it's more than just coats that are needed for this chilly weather.

"Sweaters are a huge priority when going outside," she said. "A warm jacket is nice but it's really no good without the extra layer."

Sweaters at Suzy Shier are on sale for no more than \$10 and come in many fabrics.

For the men who need winter clothing, Blue Notes, right next

door to Suzy Shier, are selling all sorts of winter gear. Gloves in both ladies and men's fashions are available in prices under \$7, while winter sweaters and coats can be bought in the \$60 range.

If you don't want the name brands and just want the basics head to a Value Village in Kitchener or Cambridge. They are selling gloves, hats, coats, scarves and warm winter socks for a student friendly price. Gloves, hats, scarves and socks are under \$3 each and come in many colours. The gloves come in light and heavy material depending on your needs. Coats for both women and men range between \$10 and \$40.

Michelle, an employee at Value Village in Cambridge who did not want to give her last name, says that most of the coats are second-hand.

"Even if someone has worn them they'll still keep you cozy," she said.

Keeping snug this winter is crucial, especially for those students who exercise outside. Mayo Clinic, a medical online reference guide, (www.mayoclinic.com) says that anyone who enjoys outside activi-

ties in the winter should dress in layers. The best thing to wear for a winter jog is a normal T-shirt, followed by a woolly or fleecy sweater and finally a waterproof and windproof winter coat. Cover up your cheeks, ears, hands and head. Frostbite is a common side effect of poorly dressed individuals. Drink lots of water to prevent your body from sweating. If you sweat, it can freeze which can lead to mild hypothermia or frostbite.

The Mayo Clinic also recommends students who feel cold and experience fatigue, slurred speech or violent shivering should go inside and, if possible, change their clothes.

These are signs of early hypothermia. Cover up your chest and warm up slowly. Going for a shower or bath right after coming inside may cause shock. Wait at least two hours before showering or bathing. Body warmth from a friend is the fastest and safest way to warm up when you show these signs.

Students who would like more information on winter safety and keeping warm can visit Mayo Clinic's website.

Have the winter blues?

A diagnosis of seasonal affective disorder is a start to coping

By JESSICA BLUMENTHAL

As Michelle Bravo turns back the clock in the fall, a feeling of dread comes over her.

Most people are happy gaining an extra hour of sleep, but the 27-year-old knows she'll suffer from SAD, or seasonal affective disorder, until spring comes.

The Guelph resident was diagnosed with the condition when she was in her early 20s, which is the onset age for SAD.

Bravo doesn't believe the term the winter blues describes her condition very well.

She gains weight, has no energy, sleeps a lot, can't concentrate and is very irritable for the entire winter. Her entire life is affected.

After having symptoms for three years Bravo went to the Canadian Mental Health Association (CMHA) and got some information.

She was relieved when she received her diagnosis because she could try and control her symptoms.

Mark O'Brien, a support worker at CMHA, said knowing your body, in and out, is the best way to tell if something's off.

Understanding the causes of various conditions is a start to coping, said O'Brien.

Research hasn't yet determined a cause of SAD, however, it's believed to revolve around light, he said.

Canadians are more likely to have the disorder because the win-

ter day is shorter.

The body works in a secular rhythm, which is called the circadian rhythm. It's natural to want to sleep when it's dark out and when it gets dark out earlier a person's daily schedule doesn't change.

The other potential cause of SAD is neurotransmitters, which are chemicals that help regulate sleep and mood in the brain, are affected.

Women are more commonly affected and approximately 18 per cent of people having some degree of SAD.

There are five different treatments, said O'Brien. People who are mildly affected, like Bravo, can try spending more time outside during the day or letting more light into their house or workplace. Exercising, especially walking outside, helps to relieve stress, increases exposure to natural light and can lighten moods. By taking a trip to Florida, or to southern regions, someone with the condition can temporarily relieve symptoms.

A more recent treatment is light therapy, which involves a person sitting beside a special fluorescent light box for up to four hours a day. O'Brien said there are many places which offer this therapy.

Those severely affected can take non-sedative antidepressants, such as Lustral, Seroxat and Prozac.

For more information on SAD, contact your nearest CMHA branch or your family doctor.

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New goals for a new year

Millions of people have made their New Year's resolutions, but how many will keep them?

By ANNELISE THOMPSON

The idea of celebrating the start of a new year, and making resolutions, has been around for approximately 4,000 years.

The Babylonians were the first known civilization to both celebrate the new year, and make an annual resolution. A common Babylonian resolution was to return something that they had borrowed from a friend in the previous year.

The Romans also celebrated at New Year's, where they would exchange gifts as well as seek forgiveness from the enemies they made during the previous year.

Resolutions were a common occurrence at the Chinese New Year, with housecleaning atop the list.

Over the centuries making a New Year's resolution has become a common tradition, that almost everyone partakes in, but how many people actually follow through on their resolutions? And what exactly are students looking to resolve?

Amanda Britton, a first-year respiratory therapy student, said she's been making New Year's resolutions as long as she can remember.

"Mine this year will probably be to lose five pounds and spend less money," she said.

But although she makes one every year, following through can be a problem.

"I stick with them for about four months, or until I forget about

them," she said.

Alan MacEwan, a first-year general business student, said following through on resolutions is also a difficulty he faces.

"I usually keep them up for a couple of months, but then I just forget about them," he said.

This year MacEwan's resolution will be more general, to hopefully make it easier for him to keep.

"I'm going to try to experience new things and broaden my horizons," he said.

"I stick with (resolutions) for about four months, or until I forget about them."

*Amanda Britton,
first-year respiratory
therapy student*

Brent Rohrer, a second-year environmental studies major at Wilfrid Laurier University, had similar goals to MacEwan.

"I want to be more outgoing and try new things," said Rohrer. "I know it's more of a life goal, but maybe this will help me get started."

Ryan Wycherley, a second-year history major at Wilfrid Laurier University, said he has never really made a New Year's resolution before.

"I usually can't think of something I'd want to change, since I don't smoke or anything like that," he said.



(Photo by Sarah Jaynes)

Valerie Hall, assistant manager of Kazwear Swimwear in the Cambridge Centre, said business is crazy right after the holidays.

It's not too cold for bikinis

Now that Christmas has passed, people start planning winter getaways

By SARAH JAYNES

As the Christmas madness comes to an end and people begin to shed those extra turkey pounds, it's time to squeeze into that summer bikini.

Why? Because it's vacation time. Although the summer seems to be the most popular time to purchase swimwear, those numbers are blown out of the water right after Christmas with eager winter vacationers.

"We are crazy right after Christmas," said Valerie Hall, the assistant manager at Kazwear Swimwear in the Cambridge Centre. "People are going on their holidays in January, February and March and always need at least one new bathing suit for their trip."

Hall said most people are in a very impulsive mood and are usually quick to buy the first thing they look good in.

"Not only are they excited to look good after all the Christmas weight, but they know there aren't as many suits available at other stores."

Customer Selena Burndet said she goes on a vacation every year and uses that as motivation to get herself into shape right after Christmas.

"I look forward to going away every winter, getting a new suit, and I always try and eat less over Christmas so that I actually fit into a decent size."

Linda Hughes, from Bullas Travel in Kitchener, said a lot of people start getting sick of the snow around January and decide

they want to book a vacation for March break.

"We have seen a little less excitement this year, because the snow started later than usual, but overall we are pretty even with last year," said Hughes.

Joanne McVeigh from Carlson Wagonlit in Kitchener, said, "We are experiencing a slower year with the weather being so warm for so long, but I think that means that people will vacation later into the spring."

"We have had better years but we are a business that depends on the weather," she said.

The most popular vacations for 2007 are Mexico, Dominican Republic, Caribbean cruises and Disney World for families.

"We have a lot of younger teens going to Cancun or Dominican, whereas the older couples like to go on tropical cruises or Disney with the kids," said Hughes.



(Photos by Tara Ricker)

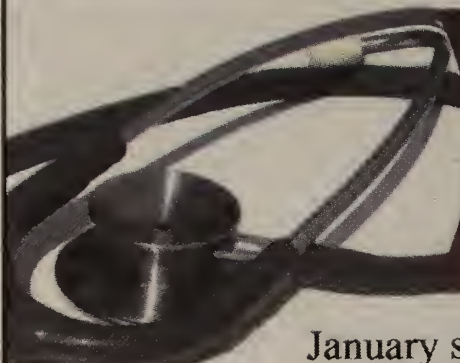
Rolling up their sleeves for a good cause

About 30 of Conestoga's first-year firefighting students gave blood on Nov. 29 to help kick off the Canadian Blood Services holiday blood drive.

Above: Chris Boehmer, left, and Josh Detlor fill out the forms necessary to donate blood.

Right: Matt Fallis watches as a worker at a Waterloo blood clinic prepares him for his donation.





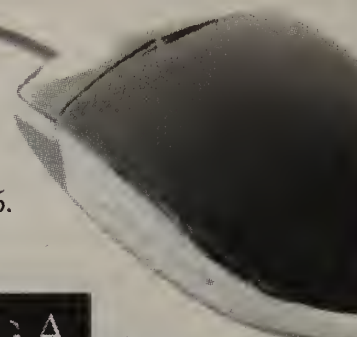
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events

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	1	2	3 CSI OPENED	4	5	6
7	8	9	10	STUDENT POKER CHAMPIONSHIP TOURNAMENT  5:00 PM	12	13
14	Sanctuary @ 11:30 am THE DE-PART-ED 	15	16	HEALTHY 17 LIFESTYLE DAY  Sanctuary @ noon	19	20
21	FLAGS FATHERS SANCTUARY @ 11:30 AM	22	23	Imaginus ²⁴ Poster SALE SANCTUARY 9 AM - 8 PM	STUDENT POKER CHAMPIONSHIP TOURNAMENT  5:00 PM	26
28	BABEL SANCTUARY @ 11:30 AM 	29	30	31	<div style="border: 2px solid black; padding: 10px; display: inline-block; transform: rotate(15deg);"> OPT OUT DEADLINE </div>	27

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Wednesday..... 2:30-6:30

Thursday..... 8:30-4:30

Friday..... 10:00-4:30

**Evening appointments
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Meet our Registered Massage Therapists



Jason Clowes

Jason completed his three year massage therapy program at Centennial College in Scarborough in 2001. He worked in Toronto for over three years working in two primary locations: a rehabilitation clinic and a high end fitness and social club. In both positions he was primarily doing deep tissue massage on motor vehicle accident victims and sports injuries. He also received a Rehabilitation Massage Therapy certificate from another 100 hour course taken at Centennial College to further his rehab skills. Jason worked in Muskoka for two summers doing relaxation massage, and wrap therapy in two different relaxed spa settings. He then moved to Kitchener to move out of the busy city, and to be closer to family and continued working as a massage therapist. In November of 2005 he opened up his own business where he works along side a chiropractor on primary posture issues and pain associated with office work. Jason is available to give you a massages on Monday, Tuesday and Thursday from 8:30 am- 4:30 pm



Josh Holden

Josh graduated from the Canadian College of Massage and Hydrotherapy North York campus in 2001 before starting his private practice on the Bruce Peninsula. He then spent three years working in a physiotherapy and massage rehabilitation clinic in Kitchener treating sports related and repetitive strain injuries through massage and exercise therapy. In 2004, he moved to Central America to work in hotels and resorts doing full body relaxation massage for spa goers and deep tissue treatment for tourists. Promoting a healthy lifestyle through massage, Josh is available to give you a massage on Wednesdays from 2:30- 6:30, and Friday from 10-4:30

Evening appointments available by request for both Therapists

Adopting a pet? Think twice

Area humane societies encourage careful selection of pets

By HOLLY FEATHERSTONE

Area humane societies encourage families and individuals considering adopting animals from their shelters to go home and deliberate before reaching a final decision.

The Kitchener-Waterloo and Cambridge and District humane societies advise customers to ensure they are ready to adopt following their viewing of the animal as part of the adoption process.

Elizabeth Bonkink, community relations and fundraising manager of the Kitchener-Waterloo Humane Society, said the adoption process is lengthy and tedious.

"There is quite a bit of paperwork," she said.

Bonkink said the entire process requires 40 minutes, including an interview between the manager and

potential customer as well as vet checks and a behavioural assessment of the animal.

Prior to adoption into a family setting, it is a policy that all family members approve of the chosen cat or dog.

"Every person in the family has to meet the animal first," said Bonkink.

Furthermore, customers are urged to return home before deciding to fill out the adoption forms to ensure the pet corresponds with their lifestyle.

"The pet must be a good match for you," said Bonkink. "We want it to be a forever home (for the pet)."

Student customers who rent must meet an additional requirement.

"If you're a student, the pet must be approved by your landlord," said Bonkink.

While Bonkink stresses the importance of the suitability between the pet and your lifestyle, which is evaluated during adoption, it is equally imperative to adopt at a time when you can devote attention to the pet.

Consequently, holidays and vaca-

tion plans of the customer deter the probability of the adoption being approved.

"The best time (to adopt) is when you have enough time to integrate (the pet) into your lifestyle," said Bonkink.

For ease of adoption, she said puppies and kittens are popular choices.

"Puppies and kittens are the easiest to adopt," she said. "Everyone wants the babies."

In contrast, the Cambridge and District Humane Society mandates a 48-hour adoption process, which includes 15 minutes devoted to viewing the animals as well as an overnight waiting period during which potential customers are required, as opposed to advised, to think prior to deciding.

Executive director Bonnie Deekon said the lengthy procedure ensures customers make a good choice.

"The 48-hour hold policy gives the manager time to approve the adoption," she said.

Deekon said the facility hopes to establish adequate matches

between pets and customers by enforcing the waiting period.

"We like people to go home and think about it first and prepare their house for the adoption," she said.

To aid customers in the decision-making process, the website, www.spcacambridgeweb.net, features preparatory measures including a decision guide in an inquisitive format.

Customers can also take advantage of the First Day Home checklist featured on the website, a list of guidelines ensuring a safe reception for the pet into a home. In addition, education regarding proper care for adopted pets is provided to the community.

"We have a humane educator who visits with (adopters)," said Deekon.

The adoption price is \$265 for dogs and \$135 for cats, which includes first vaccines, deworming and an AVID microchip. Fully-grown animals are sold spayed or neutered while puppies and kittens come with a \$100 spay/neuter rebate.

Deekon said a lot of students,

particularly from the University of Guelph, adopt pets from their facility.

"We adopt out over 1,500 dogs and around 2,000 cats a year," she said.



(Photo by Holly Featherstone)

Bailey, a nine-month-old collie-chow cross, has a high energy level, and needs some work with leash walking. Such traits stress the importance of making sure the pet you chose suits your lifestyle.

Chandler Mowat area gets new community centre

By ROSS ALDWORTH

Residents of Kitchener's Chandler Mowat neighbourhood celebrated the opening of their new community centre on Dec. 1.

Previously housed in a portable, the new, permanent facility allows the Chandler Mowat Neighbourhood Association to offer expanded social and recreational programming to the surrounding community.

The local Christian charity House of Friendship will also use the community centre to offer assistance to low-income individuals through services like food hampers and employment counselling.

The 9,300-square-foot facility, located at 222 Chandler Dr., houses a gym, two multi-purpose program rooms, a computer/home-work room, a child-care room, a commercial kitchen and storage for additional programs.

Former Ward 4 councillor

Michael Galloway said the new community centre is a significant achievement for the neighbourhood.

"The community worked hard to see this goal become a reality and I am so pleased to have been a part of it."

The city paid \$3 million to build the new facility while the Chandler Mowat neighbourhood association will pay for program operations.

Mayor Carl Zehr praised the value that neighbourhood associations and organizations like House of Friendship add to the community.

"By providing this great new facility our partners are able to offer programs the community wants and needs as it continues to grow and develop," said Zehr.

The centre is open Monday to Friday, 9 a.m. - 5 p.m., with additional evening and weekend hours, depending on program schedules.

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StudentLife

Start the new year with a new you

By CHRISTOPHER MILLS

The new year is upon us and that means it's time for those annual resolutions.

Every January, people resolve to turn over a new leaf; to eliminate bad habits or perceived character flaws in an attempt to feel like better human beings.

The most common New Year's resolution is to lose weight. Whether it is 10 pounds or 100 pounds, a healthy body image is where most people start.

The majority of those wanting to shed some unwanted pounds choose to do so through dieting and healthier eating choices.

Hillary Fitzgerald, a health consultant at Herbal Magic's Erb Street location in Waterloo, said there is a definite increase in the amount of interest and the number of clients the company receives in January.

"In December, people's focus gets away from weight loss because they're too busy with Christmas," she said. "Everyone comes in for the new year with their resolution to lose weight."

In the December 2005 issue of the U of T Bulletin, the University of Toronto's school newspaper, psychologists at the school said New Year's resolutions have a short

life, with 25 per cent of people giving up by the end of the first week. They said people will make the same resolutions year after year, an average of 10 times, with limited or no success.

So what can people do to ensure success when making such resolutions?

Fitzgerald said the most important thing is to stay motivated and set realistic goals.

"You have to be in the right mindset of wanting to do it, first of all."

*Hillary Fitzgerald,
health consultant*

"You have to be in the right mindset of wanting to do it, first of all," she said. "Make it a priority. Follow some sort of plan or guideline, whether it's eating certain foods or a workout regime."

She said when it comes to dieting, it really depends on the size and health of the person.

"A heavy person, where their health depends on it, will stick to it more," she said. "Someone who only has 10 pounds to lose, it's harder for them to stick to it."

Fitzgerald said Herbal Magic is tailored to all people, because it's

based on a food guide and supplements, and the company also has doctors on staff.

However, for those who don't want to spend the time or money to join a weight loss facility, but still want to lose weight, Fitzgerald had some helpful tips.

"Follow some kind of food plan, whether it's calorie counting or portion counting," she said. "Also, they should watch when they eat their meals; eating throughout the day, not just starving all day and eating a huge dinner."

Fitzgerald said she always recommends working out as well, because being active makes people feel better.

"But most importantly," she said, "stick to it, stay motivated, and make sure you surround yourself with people who are supportive."



(Photo by Christopher Mills)

Herbal Magic on Weber Street East in Kitchener stands relatively empty. With the arrival of the new year, the business will be booming with clients looking to shed those extra holiday pounds.

Fee-free fitness at the rec centre

By NICK CASSELLI

With the inevitable weight gain that comes with the over indulgence of holiday feasting, students might find themselves resembling jolly old St. Nick this new year.

So, if your resolution for 2007 is to transform your body from St. Nick into Nick Lachey, the rec centre's fitness facilities are your place of refuge.

Whether you want to tighten your buns, bulk up, or just shed those unwanted love handles, the fitness facilities offer three specialized rooms to accommodate your needs.

If you have a neck like a stack of dimes and are looking to build mass, the weight room showcases state-of-the-art training equipment, including two incline benches, squat rack, chin-up bar, bench press machine, incline leg press, preacher curl bench and more than 3,000 pounds of free weights.

"If you've never worked out a day in your life, this is a great place to learn the basic mechanics of machine training."

*Nate Dempster,
rec centre employee*

For those students looking to tone-up, the Nautilus room provides the suitable equipment to fashion a rock-hard physique.

"The Nautilus room has a machine for any body part students wish to tone," said rec centre

employee, Nate Dempster.

"Our machines are easy to use and provide proper resistance and guidance that ensure good form."

Dempster said the Nautilus room is especially great for beginners.

"If you've never worked out a day in your life, this is a great place to learn the basic mechanics of machine training."

The cardio room is also a great place for students looking to get in shape and drop a few pant sizes.

"From treadmills to StairMasters, our cardio room has something for anybody looking to work up a sweat," said Dempster.

"It's a great way to keep fit and have fun."

Dempster went on to say that many students don't realize they have free access to the rec centre's fitness facilities.

"I was paying for a gym membership for the past two years, not knowing I had free use of the rec centre's gym," said third-year, business student, Josh Nezni.

"Being a student I really have to keep track of my wheeling and dealings; the rec centre allows me to get fit for dirt cheap."

For many students rounding up the spare change between the couch cushions for a box of Kraft dinner is hard enough.

And as Nezni points out, he, like many students, will take any chance he can to pinch a few pennies.

So, if your New Year's resolution is to tone an arm or a leg, without spending an arm or a leg, come out to the rec centre and check out the free fitness facilities.

the learning commons

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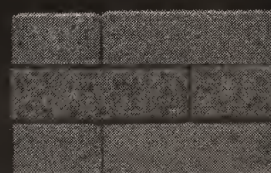
New Hours

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Coming January 2007

Making the Grade sessions in the Learning Commons, to be held in Room 2A111 or 2A103.

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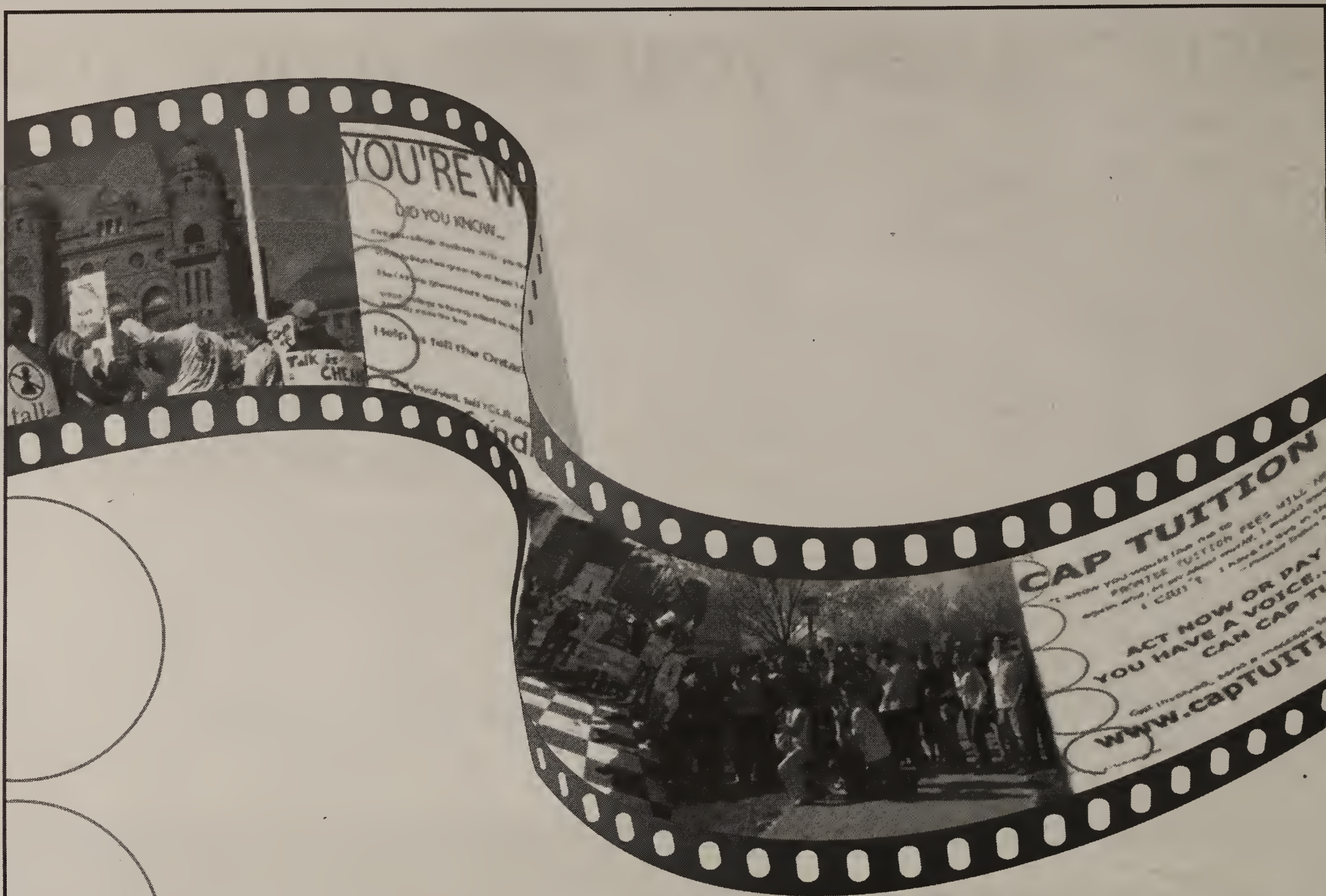
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Open house matches pets with owners

By JENN CURTIS

The Guelph Humane Society held its 32nd annual open house on Dec. 3, which raised awareness on the number of animals that are looking for homes and what it is exactly that the humane society does.

The open house is held every year on the first Sunday in December.

The shelter chose that month because it is near the holiday season and many people are thinking about adopting a pet or just donating gifts to the animals.

"It gives people a chance to come in and visit with the animals and see who's up for adoption."

Jane McCamus,
manager of the Guelph
Humane Society

"Some people have been here for every one of our open houses," said Jane McCamus, the manager of the humane society.

Many people are looking for an animal to take home while others are just there to look.

"It gives people a chance to come in and visit with the animals and see who's up for adoption," she said.

"Or even just drop off a little gift or Christmas donation for the animals."

The open house also gives people a chance to ask questions. Santa Claus even dropped by to visit with the children and the animals.

He spent time with every animal and left a stocking full of toys and treats for them.

If you are looking to adopt a pet, head down to the humane society located at 500 Wellington St. W. in Guelph and have a look at all the animals looking for homes.

"It's more of a matching process, as opposed to coming in and saying I want that one."

Jane McCamus

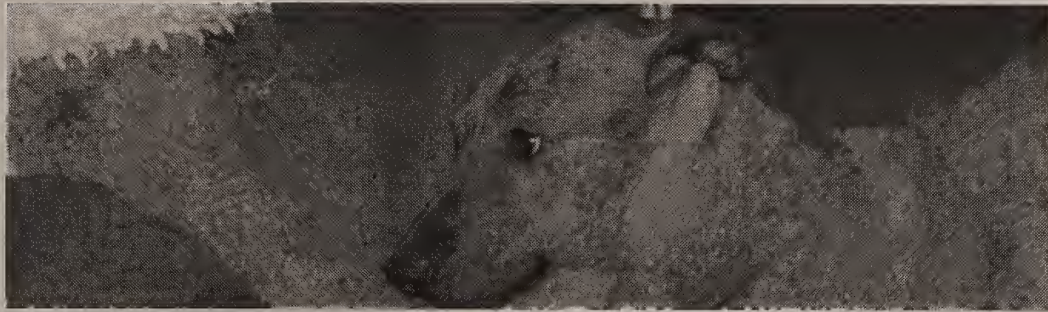
"To adopt an animal you have to come down here and meet with a few of the animals you are interested in," said McCamus. "Then you have to fill out an application form."

After that you have an over-the-phone consultation with one of the adoption counsellors to talk about training and what the animals need and what you are looking for.

"It's more of a matching process, as opposed to coming in and saying I want that one," McCamus said.

"It's our way of making sure the animal doesn't come back here four months down the road."

All the adult animals are spayed or neutered, vaccinated and micro-chipped before they are taken home by the families.



(Photo by Jenn Curtis)

Figi (right) gets a visit from Santa during the Guelph Humane Society's annual open house, Dec. 3. If you are looking to adopt a pet drop by the humane society at 500 Wellington St. W. in Guelph and have a look at all the animals looking for homes.

the learning commons

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Time Saving Tools for Busy Lives

January 15 11:00—12:00

January 17 12:00—1:00

January 19 11:00—12:00

Want some strategies for balancing school, work and life commitments? This session will provide you with practical tips to help you manage your time.

Comma Use and Abuse

January 16 11:00—12:00

January 18 12:00—1:00

Are you a comma abuser? Join us for a quick session on commas. We will review when to use commas and when to avoid them. We may even solve a comma mystery or two.

When and How to Use an Apostrophe

January 22 11:00—12:00

January 24 12:00—1:00

Never be confused by an apostrophe again! Misused apostrophes can distract and annoy the reader. Come in for a quick review session on correct apostrophe use.

Inspiration and Kurzweil

January 23 12:00—1:00

January 25 11:00—12:00

Interested in new ways to learn and study? Check out this session on Inspiration and Kurzweil. Inspiration is a visual learning tool that helps students organize information and develop thinking skills. Kurzweil is easy-to-use software that turns text into life-like voices.

APA Style: Basic Guidelines

January 29 11:00—12:00

January 31 12:00—1:00

Are you unsure of how to use APA style? This session will provide you with basic formatting guidelines you can use when documenting sources for your next paper.

Essay Outlines with Inspiration

January 30 11:00—12:00

February 1 12:00—1:00

Do you need to make an outline for your next paper? Come and learn about a software program called Inspiration. Inspiration is a great tool for making outlines. It can help you organize your information more easily.



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Cambridge musician loves Myspace.com

By AARON SCHWAB

Success often comes to those who work hard at what they're good at and passionate about, and for Cambridge's Mandippal Jandu, that thing has always been music.

He started singing when he was a child, but only realized he could really sing and play guitar in high school.

"(In Grade 9) I was in a musical at my high school called Guys and Dolls," Jandu said. "That's when I first realized I did have a voice. Then, I picked up a guitar before Grade 10."

Shortly thereafter, he began composing his own music, first with his sister Sandy and then on his own. He said personal experiences are what motivated him to start writing music.

"Writing is my way of relieving my own stress, getting my points across," he said. "It lets me take a lot of weight off my already heavy shoulders."

Jandu started off playing in a band called Sybling Rivalry with his sister, but switched over to playing solo or with his own band after she went off to teacher's college.

"She became a teacher, and I continued to play - it was a great thing, having that with her," he said. "I learned a lot about writing and singing, and she does still sing, but she doesn't perform anymore -



(Photo by Aaron Schwab)

Mandippal Jandu performed at the Fox and the Fiddle on Dec. 2 and he will be playing at Wilf's at Wilfrid Laurier University on Jan. 20, 2007.

she's happily married."

Jandu said although most of his playing is done solo, he does play with a band on occasion that includes guitarists Sam Ellis and Matt Hortobagyi, bassist Andrew Irvine and drummer Jody Dowdall.

Jandu said although he has great passion and interest in pursuing music, the popular social network-

ing website MySpace has helped him further his music more than anything.

"When I started getting serious about (my music), I found out about MySpace.com, which has to be the best invention for musicians to come along in the longest time," he said. "I've booked most of my shows and gotten most of

my following through it, and many of my friends and people I play shows with I've met there as well.

"It's the best tool if you know how to use it to your advantage."

Jandu is currently part of the Four Voices tour with fellow acoustic songwriters Jesse Pitcher, Chisai Jackson and Tim Tibbits.

"The Four Voices tour is essentially a singer/songwriter circle," Jandu said. "A songwriter circle is where you have, in this case, four musicians onstage at the same time who take turns playing a song each. The cool thing about this tour is, we all know each other's songs, so we throw in harmonies and guitar solos and other random things (while someone else is playing.)"

"It's a really cool concept and a fun thing to be a part of."

Jandu said aside from playing at open mics regularly and at every opportunity you get, the best advice he has for budding musicians is using MySpace.

"If someone visits your page and likes your stuff, they will ask you to play shows with them - I'm living proof of that," he said. "I spent my last year in Toronto not knowing anybody there, and through word of mouth and MySpace.com, my first show was with one of the best indie acts in Toronto."

Mandippal Jandu and his acoustic solo performances can be seen at Wilf's at Wilfrid Laurier University with Tyler Schwende on Jan. 20, 2007. A full-band performance can be seen at the Red Rooster Café with Vacuity and The Free Press on Feb. 9.

For more information on Mandippal Jandu, visit www.mandippaljandu.com and www.myspace.com/mandippal.

Are paths we chose free will or fate?

Control, what exactly is it? What exactly does it mean? Who exactly has it?

When we look at our lives and our destinations, we often think we are in control, that we have the power to do anything, be anything, make mistakes and take life into our own hands.

We're told that the paths we choose and the actions we make are the results of our own free will, but are they really?

Do we actually have control over anything?

Many people don't believe in fate, many people do.

Fate is defined as a power thought to control all events and impossible to resist. It is a word used so often, but for what?

Is it a mask people hide behind when they don't have the answers? Is it an excuse people give when something goes wrong?

It was meant to be, we couldn't avoid it, it was bound to happen. We've all heard them.

Some people, those who follow the cosmic signs and spirits of the universe, believe there is an innate power which leaves us, mere mortals, powerless and at the mercy of a universal plan.

Where did this thought come from? Why do people put their hearts, souls and minds into this concept? Are they afraid to have control over their own lives? Are they scared to admit when something has gone wrong that they



Tiffany McCormick

Opinion

can't fix? Or do they just wish to be a spectator and watch life from the sidelines knowing that no matter what happens it wasn't their choice?

Do we have choices when it comes to fate, or was our "choice" already decided and we just happened to make it? What if we chose a different choice, would that mess up the plan, or would the plan change to accommodate our new choice and would that have been the, "it was meant to be" choice in the first place?

Do we ever really have a choice or are we simply pieces on a checker board moved around accordingly to what suits the universe best?

Are people OK with thinking we're nothing more than game pieces? That our lives already have an ending and we just have to wait our turn to be moved to it?

Are we in competition with the universe, us against it, who will win? Should there be a competition or is it ludicrous to waste our time trying to fight something we don't believe in or that will end up winning anyway?

Why don't some people believe in fate? Is it a waste of brains, time

Do we have choices when it comes to fate, or was our "choice" already decided and we just happened to make it? What if we chose a different choice, would that mess up the plan, or would the plan change to accommodate our new choice and would that have been the "it was meant to be" choice in the first place?

and energy? Is it easier to call something a coincidence and be done with it than to read deeper into the meaning of a car crash, a missed bus or an explosion?

Is there such a thing as coincidence or is it just the non-believers' fate? If so, is fate then the believers' coincidence? Can the two co-exist? Or do they just cancel each other out?

Fate leaves us powerless, unable to be in charge of our own lives while the control we have, or think we have, makes us believe we choose what happens to us.

So, is it control or fate that rules our destinies? Is it control or fate that determines our choices?

Control or fate, which is it?

Restart the year with resolutions

By KRISTIN GRIFFERTY

Hopefully, 2006 was a great year, and 2007 will follow the same exciting and successful path.

Many people take this time of year to reassess and re-evaluate their life and the direction that it is heading in.

Yes, it's New Year's resolution time. A time where the overweight vow to be thin, the slackers work hard for success, gossipers try to hold their tongue and everyone tries for something bigger and better.

However, for many, New Year's resolutions typically only last on average, for one day, one week and perhaps one month, if the person is lucky.

The overweight person spies that cake in the window, the slacker sleeps in on a meeting or a test day, or the gossipers finds out some juicy news. We have all been there, and have to admit that we too, have cast a resolution aside and slid back into our bad habits.

In this day and age of technology, where there is an answer for everything, many of us cannot use the excuse of failure when there are so many tools encouraging us to succeed.

The World Wide Web is quick and at your fingertips, and so are many websites to assist you in keeping those resolutions.

myGoals.com is a website dedicated to those who need a little steering and guidance when it comes to creating a resolution, and sticking with it until the next new year rolls around.

This website was designed for setting and strategizing one's goals and sticking with it through the thick and the thin.

While the website has a fee of \$5.95 a month, the option for a 10-day free trial is available to those who are feeling a little light in the pockets after Christmas.

The website provides members with goal categories ranging from health and fitness, family and relationships, time management, personal finance and many more to choose from.

With easy to follow step-by-step instructions, myGoals.com allows members to keep track of their set resolution or goal and provides support to help them achieve it.

Drawbacks to this type of goal tracker? Those who are vowing to stay organized and on top of daily tasks may have trouble when it comes to having to log in and follow an Internet site designed to keep them on track. Others who are trying to stick with a strict financial plan in order to erase debt or save some cash will not appreciate the fees it takes in order to remain a member.

Whatever your vice may be, myGoals.com is just a mere tool available to someone seeking a little guidance when it comes to making New Year's resolutions.

My suggestion? A friend or family member and a goal-type journal or diary can have the same effective result for much less. But then again, I'm sure that is what makes me notorious for failed New Year's resolutions.

Danish rock band declares new independence

By JASON SHERRITT

The United Kingdom and surrounding areas have a massive music scene with many bands gaining momentum worldwide. One such rock 'n' roll band is Denmark's The Blue Van.

They released their first album, *The Art Of Rolling*, on TVT Records in 2005 with the sophomore effort released Oct. 31, titled *Dear Independence*.

Steffen Westmark, singer and guitarist, Søren Christensen, organ and backup singer, Allan Villadsen, bassist and Per Jørgensen, drums and backup singer, say the new album sees a change in the direction of their sound.

"We got a producer this time," said Villadsen. "Took care of the sounds and stuff like that."

Westmark said the first album is more "straight-in-your-face, raunchy rock 'n' roll" whereas the new material is more mellow with a different inspiration and a different feel.

One major influence this time around is soul music and life on the road.

"Being on the road for so long and playing these full throttle rock songs every night, we just automatically started writing more melodic songs," said Westmark.

"I think we just needed to slow down a little bit."

The Blue Van did just that when recording their second album, taking time to perfect sounds and redo tracks.

Villadsen said the output of recording an album depends somewhat on what kind of pro-

ducer you get.

"If you get the right producer you can get the right sound and everything but if you get the wrong producer, a rock band can sound like a hip hop band or something."

Westmark thinks experience is a crucial aspect in the recording process. He said every time you record a demo or anything, you learn.

"If you get the right producer you can get the right sound and everything but if you get the wrong producer, a rock band can sound like a hip hop band or something."

*Allan Villadsen,
bassist for The Blue Van*

"I don't agree that it's crucial to get a really good producer," he said. "You still have to be a strong-minded band to get exactly what you want."

"I don't feel like a producer has the final answer to the whole thing about making a fantastic record because we've even experienced well-known producers doing a shit job."

A phenomenon in the past five years has been the indie rock movement wherein rock bands are, for the most part, self-maintaining. Rock bands self-produce their albums and take out the people in the middle,

between the band and the music label.

Jørgensen said the indie movement has been an important thing in music.

"It's been freeing for bands, not just indie bands," he said.

Christensen said they have gained a lot from the movement. They have always played the same music, more or less, and were laughed at when playing in Denmark in the late-'90s.

"Then The Strokes and The White Stripes came along and the whole thing changed," he said. "All of a sudden, people started looking towards us in Denmark."

He said they gained a lot from the movement and hitched a ride on the wave it created.

"But the thing about that whole movement and what's hip, it just comes back and bites you in the ass; it moves so fast."

"We never tried to follow it in anyway, it just kind of picked us up."

Westmark said even now the trend has changed in Denmark making them a band of the past in a way because of commercial barriers.

Christensen said, "now you have to have a name that has something to do with the month like The Januarists and have a girl that looks like a dog in the band and stuff like that."

Danish laughter fills the air.

Joking about the next record, Villadsen said, "there's going to be a Paris Hilton record." Laughter fills the air yet again and Westmark agreed.

"We're trying to get Paris to do a duet with us."



(Photo by Jason Sherritt)

The Blue Van introduced fans to their latest work at an electrifying show at The Government in Toronto on Nov. 26, 2006.



HOROSCOPE

Week of January 8, 2007



Aries

March 21 -
April 19

You wear your answers on your face whether they're honesty, shock or disbelief. Your emotions are a strong factor in your life, even overpowering at times. Check yourself and know when to let your emotions run wild.



Libra

September 23 -
October 22

You know how to work hard and are dedicated to completing your work. Be wary of those who notice those qualities; don't be taken advantage of. You're skillful in dealing with people; ensure you use that to your benefit.



Taurus

April 20 - May 20

Your words flow like water except when emotions are involved. When a certain someone catches your interest your mind goes blank. Don't let the cat get your tongue, say what you're thinking; you just never know.



Scorpio

October 23 -
November 21

Your body is not the only thing you enjoy exercising; situations that make you think and challenge your thoughts entice you. While some may feel physical is the way to be, remember that everything is mind over matter.



Gemini

May 21 - June 21

You possess a certain amount of self-confidence, but find yourself asking "where do I fit in?" Have no worries; your good communication skills help you ease in allowing you to make a good first impression anywhere.



Sagittarius

November 22 -
December 21

You have a keen eye and a quick mind enabling you to zero in on important matters. Don't ignore these qualities as issues may arise that will need your immediate attention for resolution.



Cancer

June 22 - July 22

You have a unique ability to understand and connect with people from all walks of life. Don't let this gift slip away as you may be the only one these people can turn to when others push them aside.



Capricorn

December 22 -
January 19

You're an entertainer in matters of company. You enjoy being surrounded by those you care for and love to see people having fun. Try throwing a dinner party and let your charm shine through as you play host or hostess.



Leo

July 23 - August
22

Determination is your stronghold, when you want something your focus is impossible to break. Try to remember your surroundings, being determined is good but intense focus can make you forget what else is going on in your life.



Aquarius

January 20 -
February 18

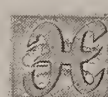
You don't hide from people but very few know the real you. You portray a lighthearted exterior to mask your deeper feelings. What are you afraid of? Don't live in your own shadow, be exposed and if people don't like it then they don't deserve to know you.



Virgo

August 23 -
September 22

You are drawn to beauty and tend to enjoy being surrounded by people who are good looking. While there is nothing wrong with beauty, remember that appearances can be deceiving. Beauty is only skin deep, beautiful comes from within.



Pisces

February 19 -
March 20

When it comes to matters of policing and security things are looking up. Don't get too excited though, nothing is carved in stone and characters, like the famous James Dean, who like to walk on the wild side, may attempt to take your place in line.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.



Condors fly by competition

Above: Forward Nathan Klinkman celebrates his overtime-winning goal as the Seneca goaltender smashes his stick over the crossbar in frustration.

Left and below: Condors forwards swarm the net in hopes of scoring a goal, but cannot beat the Seneca Sting goaltender. The Condors, however, would get the last laugh, winning the match 5-4 and the Conestoga College extramural hockey tournament with a 3-0 record.

Photos by
Adam Black



Intramural sports are good way to keep active

By ALEX MCNANNEY

With school resuming after the holiday break, many students may be looking for a place to burn off those extra holiday pounds.

The rec centre would be a great pick.

This semester, the centre will be offering a variety of intramural sports that all students can participate in. Old favourites returning are ball hockey, ice hockey, soccer and volleyball.

But there will be a new option this year. Making its debut at the rec centre will be the old grade school classic, dodge ball.

The cost to sign up for these intramurals is minimal. For ball hockey, volleyball, soccer and dodge ball, an individual bond is \$5 and a team bond is \$30. Ice hockey has a higher bond because of the extra equipment involved, but the fun is still worth the cost.

It's \$20 for an individual bond and \$200 for a team bond.

If you choose to sign up as an individual, you become a free agent, and then get signed by other teams.

Ball hockey plays every Monday from 4:30-6 p.m. in the rec centre. Soccer commences every Tuesday from 4:30-6 p.m. Volleyball runs every Wednesday from 7-10 p.m., and dodge ball is on Thursdays from 4:30-6 p.m.

Ice hockey takes place Tuesdays and Wednesdays from 4:30-6:30 p.m., and Thursdays from 4-6 p.m.

Registration is from Jan. 8-12, and a complete registration form with bond is needed.

No registrations will be accepted after Jan. 12.

There are a limited number of team and individual spots available, so make sure to be the first one in line for the 2007 winter intramural sports season.

